

# MAXIMIZE YOUR LIFESTYLE TO REACH AND MAINTAIN A HEALTHY BODY COMPOSITION

A TRANSFORMATIONAL HOW-TO-GUIDE THAT EXPLORES WEIGHT CHALLENGES, THE ROOT CAUSES, AND EQUIPS YOU TO LIVE YOUR BEST LIFE!



## UNDERSTANDING WEIGHT MANAGEMENT:

- Diets high in calorie density (e.g., animal-based foods, oils and refined plant-based foods and sugars) are responsible for weight gain. Sedentary lifestyles may contribute weight gain and to chronic disease diagnoses.
- Due to its high nutrient, lower calorie make up a whole-food, plant-based lifestyle is the most beneficial way to eat to reach and maintain a healthy weight.

## LIVE BETTER - TAKE RESPONSIBILITY FOR YOUR HEALTH:

- Eat well by focusing on filling your plate with a variety of unprocessed colorful fruits, vegetables, whole grains, and legumes.
- Eat the rainbow by eating 8-10 servings of colorful unprocessed fruits and vegetables daily.
- Load up on complex carbohydrates by choosing whole grain options and seeking out high fiber foods.
- Eat low calorie, nutrient-dense foods and select foods that have more micro-nutrients per calorie.
- Make your fat intake count by avoiding trans-fat, saturated fat, and cholesterol and get your fat from plants, nuts and seeds.
- Avoid consuming calories from beverages.
- Manage triggers in healthful ways and prepare how you will handle triggers positively.
- Move more and incorporate enjoyable physical activity and exercise into lifestyle.
- Aim for sleeping 7-9 hours per night.
- Manage your stress response and respond appropriately. Important and controllable: act. Important and uncontrollable: accept and positively cope.

## LEAD BY EXAMPLE - KNOW THE WAY, GO THE WAY, SHOW THE WAY:

- Create consistent daily habits and routines to continue making improvements during your journey
- Build a healthy and positive environment to maintain your achievements
- Make being healthy a permanent aspect of your lifestyle and others will see and follow.

## ACT NOW – SUCCESS HAPPENS DAILY, NOT IN A DAY:

- Join our complimentary school: <https://liveandlead.teachable.com/>
- Learn more about the topic through our free course: <https://liveandlead.teachable.com/p/understandwm>
- Commit to your health and register for our low-cost course: <https://liveandlead.teachable.com/p/maximize>
- Transform your health through our 12-week Healthy Now and Forever course: <https://liveandlead.teachable.com/p/healthynowandforever>

## MY PLAN TO LIVE BETTER & LEAD BY EXAMPLE...

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